



WOMEN IN CONSUMER FINANCE

Rapid Recharge:

Quick, Proven Methods to
Elevate Energy & Professional
Performance

with Christine LaVopa

Rapid Recharge: Quick, Proven Methods to Elevate Energy & Professional Performance

Wellness for Women Who
Never Stop Moving
Christine LaVopa | Keynote Facilitator



Why This Matters

76% of employees report burnout on the job
(Gallup 2023)

Sitting more than 6 hours daily increases
health risks

Even 2-5 minutes of movement can improve
focus & energy

Micro-habits for female professionals

Integration into your workday: Reflection &
action planning

What is a Movement Snack?

Short bursts of activity (2-5 minutes)

Boosts energy, brain function, and mood

Designed to fit into any schedule and lifestyle

Energy is contagious: the ripple effect

Where does movement fit into your calendar?



The Science Behind It

- Micro-movements improve blood flow to your brain

- Releases endorphins = reduces stress

- Regulates blood sugar and combats fatigue



Productivity Connection



**More energy =
sharper decision
making**



**Short breaks
increase focus and
reduce errors**



**Movement boosts
creativity**



**Improves mood,
sleep, and reduces
stress**



**Self-assessment:
How do you feel
after you move?**

Stress Reset

Cortisol drops
with light activity

Improves nervous
system balance

Helps prevent the
“afternoon crash”





Movement Snack Categories

- Energizers
(wake you up)
- Focus Builders
(reset brain)
- Stress Relievers
(calm the system)

**Live
Demonstrations
&
Team
Breakouts**

Chair squats in between meetings

Shoulder rolls on conference calls

Calf raises while you brew coffee

Chair Rotations

Walks after a meal

Integrating Movement Snacks



SET REMINDERS
EVERY 60-90 MINS
88GENTLE SOUND



HABIT STACK DAILY
ACTIONS
(COFFEE BREAK, AFTER
LUNCH)



TEAM CHALLENGE:
“2 MIN SNACK BREAK”



SOLUTIONS:
CALENDAR AUDIT



WHO IS YOUR SUPPORT
SYSTEM IN AND OUT OF
THE WORKPLACE

Key Takeaways & Q&A



Movement snacks
are science
backed



Quick, efficient,
and sustainable



Builds connection
when doing it
with others

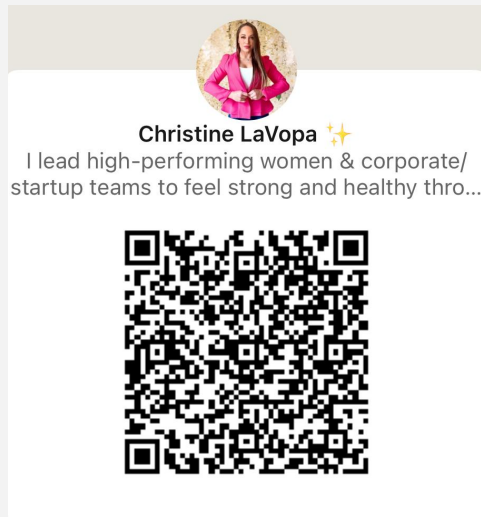


Habit stack to
anchor them into
life



Bonus: What is
one movement
snack will you
start with today?





Contact Me

- Website: www.christinelavopa.com
- Instagram: @Christinelavopa
- LinkedIn: Scan QR Code
- Email: Christine.lavopa@gmail.com